



STARS

A unique collaborative
approach to foster
care supports &
services

Introductions

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Specialized
Treatment
And
Resource
Support

A resource support collaborative of the Roanoke County and Salem Department of Social Services, Roanoke City Department of Social Services, and Youth Advocate Programs, Inc.



Roots of STARS





STARS Approach

STARS Philosophy



More STARS Philosophy



Relationships

A healthy relationship between the specialized resource parents, the child(ren) in their care and the family of origin is key to the overall effectiveness of the program.

Supportive Family Setting

The supportive family setting offered through the specialized program is a vital part of positive intervention with the child(ren) and is key to successful outcomes.

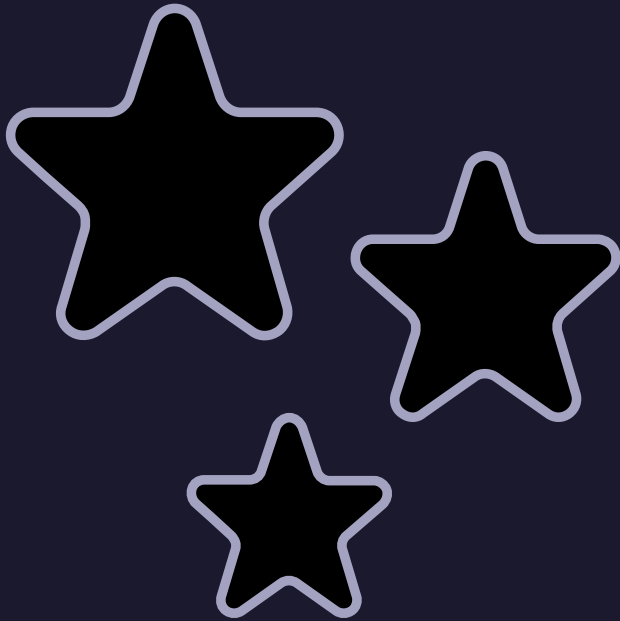
Family Systems Approach

The family systems approach will focus on how interactions between all family members affect the behavior of individual family members.

Lasting Outcomes

All interventions with families and children in care are interrelated in achieving lasting outcomes for permanency

More STARS Philosophy



Individualized Plan

STARS affirms the use of an individualized behavior management plan, based on rewards, assessing the antecedent of the behavior and recognizing that most behavior is driven by needs. "Behavior is Communication."

Cultural Sensitivity

STARS shall be sensitive to cultural differences and special needs. Services shall be provided in a manner that respects these differences and attends to these needs

Integrated Services

Children with emotional disturbance and behavioral issues should receive services that are integrated, with linkages between child-serving agencies, programs and mechanisms for planning, developing and coordinating services.

Least Restrictive

Children with emotional disturbance and behavioral issues should receive services in the least restrictive, most normative environment that is clinically appropriate. at respects these differences and attends to these needs



STARS Team Approach

WHO DOES WHAT AND HOW?

Roles and Responsibilities - Public

DSS

- Identify potential resource families-those families who use community resources, are flexible, want to collaborate, truly understand the many/multiple goals of foster care, be a part of a professional team.
- Identify specialized kinship opportunities for kids in care or at risk of entering care
- Identify and facilitate resources for initial and ongoing training for STARS families.
- DSS has primary decision making and final decision making of a child's plan and placement.

CSA

- Identifying the specific needs of children whose permanency can be at risk and craft a home for them through existing resources.
- Can identify through FAPT that the child may need more out of a placement and collaborate with DSS.
- Encourage use of local homes and local resources as an alternative to more restrictive/higher levels of care.



Roles and Responsibilities - Private

THERAPIST WORKS DIRECTLY WITH FAMILIES TO PROVIDE

- a sense of security from the knowledge that she is there and available for support guidance at any time.
- detailed pre-service screenings and assessments of potential program participant families, conducts ongoing reassessments.
- family and individual therapy based on resource family needs.
- leads monthly support groups and provides input to STARS Admin Team on family training needs.
- collaboration with STARS Administrative team.
- contracted through private agency.
- individualized advanced parenting skills support as needed.
- identifying ongoing program training needs as well as program development and evaluation.
- annual assessment with therapist to determine the level and need for more regular meetings.



Roles and Responsibilities - Private

THERAPIST

Counseling topics may include:

- marital stress, abuse of their own children (by a child placed in the home), disruption of extended family dynamics, disappointed expectations, personality clashes with other team members, becoming triangulated with family of origin, child-specific training topics as identified

Requirements:

- Licensed Mental Health Professional in the state of Virginia
- 2 or more years working with families involved with the child welfare system. Clinical experience/training regarding Trauma, Grief, Loss and Attachment



Roles and Responsibilities - Private

AGENCY ROLE YAP STARS SERVICES INCLUDE

- A support worker who assesses each child's needs and strengths and provides individualized supports and services
- Support workers participate as a team member collaborating with foster family, FSS, other providers, family of origin to identify and implement strategies to address the permanency planning goal.
- Providing initial and ongoing training to foster families.
- Member of the STARS administrative team with focus on efficient and effective service delivery and team collaborative.
- Provide families with ongoing acknowledgement and appreciation.
- Referrals to children's mental health services, including but not limited to psychiatric services, short-term inpatient hospitalization, psychotherapy, therapeutic day treatment and respite care are coordinated and wrapped around the child, and the specialized resource family according to the need.
- Support worker is in active in the home to serve as a resource for knowledge of family/community integration however that may look





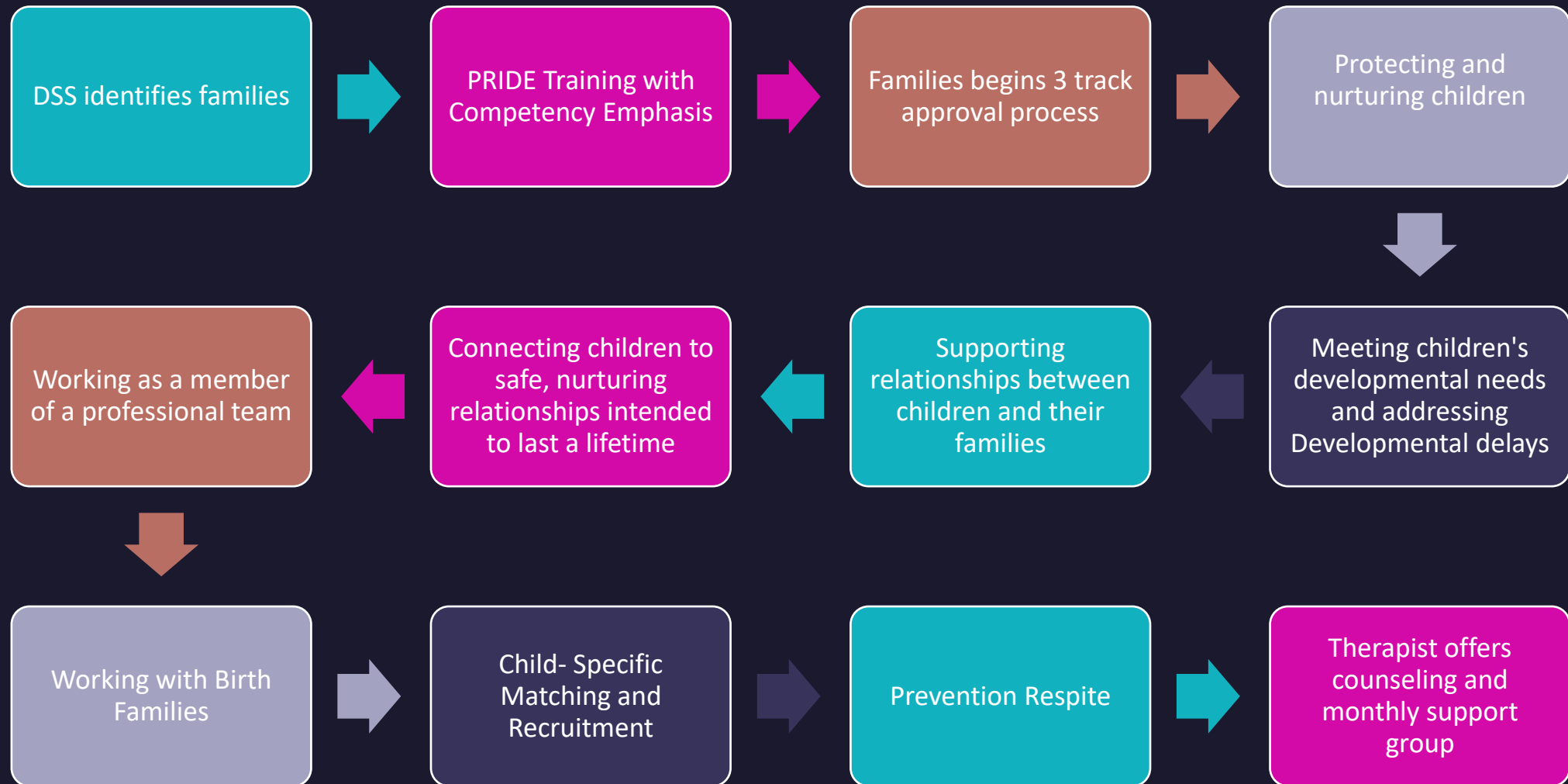
STARS Families

STARS Families

- Approved Foster Homes OR Kinship Care
- Willingness to work with children exhibiting challenging behaviors
- Accepting of STARS Philosophy
- Believers in Family Engagement and Reunification
- Flexible, Patient and Good with a Challenge
- Be a professional team member with stakeholders in the Child Welfare System
- Maintaining and utilizing an Identified Support System
- People that want to be a part of a team to support a child through seeking ideas, open to working with everyone
- Understand and participate in the bigger picture of genuinely wanting to be a participant in the village of raising a child.
- Cohort of families who provide respite, personal experiences, network of support.
- Families are trauma-informed through experience and training



How it works



STARS 3 Track Approval process

STARS (Prime)

Follows Manual Approval Process:

- ☐ **Fully Assessed & Approved Local Foster Home**
- ☐ Recommendation made from Family Services Specialist or other source
- ☐ STARS Orientation (3 hours)
- ☐ Provide STARS Therapist Mutual Family Assessment
- ☐ Assessment completed by STARS Therapist
- ☐ Accepted as a candidate by STARS
- ☐ STARS Training (12 hours)
- ☐ **Approval as STARS family**
- ☐ Joins Support Group
- ☐ Access to STARS Therapist



STARS Kinship

Follows DSS Kinship Approval FIRST:

- ☐ Identified Connection for a youth in FC
- ☐ Completes & Passes Background Checks
- ☐ Emergency Approval & Placement Available
- ☐ Family Accepts STARS Program nomination
- ☐ CSA concurs with STARS Prog. Referral
- ☐ STARS Referral made
- ☐ **Approval as STARS Kinship family**
- ☐ Trad. Pre-Service Training & Assessment Completed by Resource Coordinator/Kinship Specialist/STARS Coordinator
- ☐ **Fully Approved w/in 60 days of Placement**
- ☐ Provide STARS Therapist with Mutual Family Assessment
- ☐ Assessment completed by STARS therapist
- ☐ Access to STARS Therapist
- ☐ STARS Training (12 hours)

STARS Teen

Follows STARS Expedited Approval:

- ☐ **Fully Assessed & Approved Local Foster Home**
- ☐ Accepts an unrelated teen for placement
- ☐ Family Accepts STARS Program nomination
- ☐ CSA concurs with STARS Prog. Referral
- ☐ STARS Referral made
- ☐ **Approval as STARS Teen family**
- ☐ Provide STARS Therapist with Mutual Family Assessment
- ☐ Assessment completed by STARS Therapist
- ☐ Joins Support Group
- ☐ Access to STARS Therapist
- ☐ STARS Training (12 hours)

How YAP supports Families

- Provide someone/support to help the child integrate into the family
- Seeks out community supports
- Help navigate the system
- Bridge/liaise between supports
- Provide insight into behaviors
- Outlining stakeholder roles through service planning
- Offer a space share to share positive aspects, of FC
- Acknowledgement of families
- Administer STARS FB page



Training

12 HOURS INITIAL CLINICAL TRAINING

- Child and Adolescent Trauma/Attachment and impact on neurodevelopment
- Behavior is Communication
- Transitions
- Working with Adolescents in Care
- Engaging Parents as Equal Partners
- Placement and Support
- Monthly support group with occasional training topic
- Topics to focus on specific needs of foster parents
- Fostering and adopting children from different cultures.





STARS current and future

- Current number of foster families: 26
- Current number of kinship families: 6
- Current number of kids: 14
- Cost savings:

STARS v. TFC	Assessment	Non-Tx	Level 1	Level 2	Level 3	Average
Average TFC per month	3671	2126	3092	3590	4000	3296
STARS	1400	0	1100	1400	1700	1400



Improved Outcomes

Professional development of resource families & child welfare staff

- Improved placement stability
- Increased opportunities for secure attachment
- Provide access to nationally recognized best practice trainers
- Support Active and successful engagement between bio and foster families

Additional supports to resource families to ensure self-care and healthy relations

- Routine family acknowledgement
- Therapist individual counseling as needed
- Monthly support group
- Cohort amongst families to support each other through respite, peering, and friendship

More direct decision-making

- Matching of child(ren) with resource parents
- Limited children (up to DSS) in each home for intensive, individualized service planning
- Maintaining or returning challenging children to the community

Questions?

